

Emotionally Intelligent

Emotionally intelligent people aren't ruled by their thoughts; they are the master of them. Discover your emotional strength today with these 15 signs that you are emotionally intelligent.

1. You're Fascinated by What Makes People Tick.

Emotionally intelligent people are fascinated by human behavior. They notice things like body language, dialect, and personal tics. Being a people-watcher helps them find clues about what makes each individual special.

2. You're an Enthusiastic Leader Who Walks the Walk.

Emotionally intelligent people know it's silly to talk the talk if they're not willing to walk the walk. Instead of leading behind by delivering commands, they lead from the front by setting an example.

3. You're Aware of Your Strengths and Weaknesses.

Emotionally intelligent people know you're not as weak as your weakest link; you are as strong as your strongest link. They use their greatest strengths as much as possible to make their weaknesses a moot point.

4. You're at Peace with the Past.

Emotionally intelligent people don't have time for regret. They drop their baggage and move forward into the present, because that's where progress happens.

5. You're Not Freaked Out About the Future.

Emotionally intelligent people don't obsess with future events outside of their control. They are comfortable living in a world that doesn't come with a crystal ball, because life is meant to be an exciting adventure (*not a scripted routine*).

6. You're Tuned in to the Present Moment.

Emotionally intelligent people don't merely "get through" their hectic day. Instead, they actively experience the nuances of every single moment of every single day.

7. You're a Skilled Active Listener.

Emotionally intelligent people know that "hearing" and "listening" are two different things. They re-phrase a person's statements in the form of a question to make sure nothing got lost in translation.

8. You're Capable of Figuring Out Why You're Upset.

Emotionally intelligent people don't let a chorus of negative self-talk take over their brain. They are detectives who explore their environment, searching for clues that reveal *why* they feel the way they do and (most importantly) *what* they can do to make it better.

9. You're Comfortable Talking with Friends and Strangers.

Emotionally intelligent people never met a stranger they didn't like. They don't care about a person's age, race, religion, gender, sexual orientation, or political affiliation; they love everybody equally, because we're all human here.

10. You're Ethical in Business and Relationships.

Emotionally intelligent people follow their moral compass in business and life. Their values might differ from person to person, but high standards govern their behavior.

11. You're Eager to Help People.

Emotionally intelligent people don't need a reason to help others. They help elderly women with their grocery bags; offer to wash the dishes if a friend or partner prepared dinner; and hold doors open, not just for ladies, but gentlemen as well.

12. You're Able to Read People Like a Book.

Emotionally intelligent people can translate the meaning of gestures, expressions, and body-language. They know you can't depend on language alone, because [a person's physical presence is often at odds with the words they express.](#)

13. You're Firm in Your Desire to Achieve.

Emotionally intelligent people strive for success, no matter how long it takes. They are willing to deal with setbacks and address shortcomings, because you don't lose until you quit.

14. You're Motivated for Reasons Inside of Yourself.

Emotionally intelligent people build motivation that lasts. They detach themselves from the end result and focus on enjoying the process. Personal development doesn't happen at the moment of achievement, but during the growth process that leads to success.

15. You're Willing to Say "No" When You Have To.

Emotionally intelligent people know there can be too much of a good thing. They know they can't do everything, so they set priorities determined by what is most important to them.

A person's belief system is often a direct reflection of who they spend their time with. To ensure a positive social environment built for your success, make sure the people you trust the most aren't guilty of these ten things true friends don't do.

1. They don't gossip behind your back.

True friends distance themselves from unnecessary drama. If a close one spreads rumors or shares secrets that you asked to be kept private, then they aren't a true friend worthy of your trust.

2. They don't resort to personal attacks.

True friends aren't in the business of making you feel bad about yourself. They communicate with words of kindness, not cruelty. They focus on your similarities, not your differences. They speak of your qualities, not your shortcomings.

3. They don't start pointless arguments.

True friends know that there is nothing less productive than starting an argument you can't win. "Reading that status update sure made me rethink my entire existence," said nobody, anywhere, ever. A true friend should be willing to accept a person as they are, whether they agree or not. This isn't to say you can't have friends you disagree with (in fact, I highly recommend it as it puts things in perspective). But if you're going to argue, do so respectfully.

4. They don't interrupt your every word.

True friends aren't so obsessed with themselves that they aren't interested in how you feel. A fair and balanced friendship can't exist in a situation where one half does all of the talking and none of the listening.

5. They don't discourage you from pursuing your goals.

True friends are willing to offer feedback without mincing words if they feel it is necessary for your personal development, but they don't do so in a condescending or hateful fashion. Instead, they offer constructive, helpful advice that [inspires you to become a better version of yourself](#).

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7. They don't abandon you in social situations.

True friends are [emotionally intelligent](#) enough to know that bringing a friend to a party where they don't know anyone, and then proceeding to throw them to the fishes, is a very inconsiderate thing to do (*especially if said friend happens to be an [introvert](#)*).

8. They don't get jealous of your success.

True friends don't waste their time in a pit of jealousy when something good happens to another person. They know it is much more productive to be happy for other people's success (and maybe even take some notes about how they did it), than it is to be pout and play the "Why didn't they pick me?" game. Less [complaining](#), more [hustling](#).

9. They don't judge you or try to "fix" you.

True friends know it's silly to try to "fix" a person while their own inner-houses are in disorder. As Jesus Christ said, "Let him who is without sin cast the first stone." Recall that Jesus spent most of the Gospels hanging out with the very sinners people love to judge today instead of the moralizing Pharisees, who were so blinded by judgment that they couldn't take an honest look at themselves and their own faults. True friends can admit that they themselves are far from perfect, so it's a bit absurd to expect anything more from another person. You might not be perfect, but you are good enough, and don't let anyone tell you otherwise.

10. They don't take your friendship for granted.

True friends don't see a relationship as a short-term fling that can be tossed aside when it becomes inconvenient, but rather a long-term commitment of high importance. A friend worth having isn't only interested in doing fun stuff like drinking Tequila shots, playing miniature golf, watching goofy videos on the Internet, riding roller coasters, lounging on the beach or dancing at the club; they are also willing to help you through difficult times by doing things like supporting you after a death in the family, and encouraging you to put yourself back together after a brutal break-up or unexpected job loss. Will Smith captured this top trait of true friends when he said, **"If you're absent during my struggle, don't expect to be present during my success."**

13 Things Mentally Strong People Don't Do

Mentally strong people have healthy habits. They manage their emotions, thoughts, and behaviors in ways that set them up for success in life. Check out these things that mentally strong people don't do so that you too can become more mentally strong.

1. They Don't Waste Time Feeling Sorry for Themselves

Mentally strong people don't sit around feeling sorry about their circumstances or how others have treated them. Instead, they take responsibility for their role in life and understand that life isn't always easy or fair.

2. They Don't Give Away Their Power

They don't allow others to control them, and they don't give someone else power over them. They don't say things like, "My boss makes me feel bad," because they understand that they are in control over their own emotions and they have a choice in how they respond.

3. They Don't Shy Away from Change

Mentally strong people don't try to avoid change. Instead, they welcome positive change and are willing to be flexible. They understand that change is inevitable and believe in their abilities to adapt.

4. They Don't Waste Energy on Things They Can't Control

You won't hear a mentally strong person complaining over lost luggage or traffic jams. Instead, they focus on what they can control in their lives. They recognize that sometimes, the only thing they can control is their attitude.

5. They Don't Worry About Pleasing Everyone

Mentally strong people recognize that they don't need to please everyone all the time. They're not afraid to say no or speak up when necessary. They strive to be kind and fair, but can handle other people being upset if they didn't make them happy.

6. They Don't Fear Taking Calculated Risks

They don't take reckless or foolish risks, but don't mind taking calculated risks. Mentally strong people spend time weighing the risks and benefits before making a big decision, and they're fully informed of the potential downsides before they take action.

You may be interested in this too: [14 Things Positive People Don't Do](#)

7. They Don't Dwell on the Past

Mentally strong people don't waste time dwelling on the past and wishing things could be different. They acknowledge their past and can say what they've learned from it. However, they don't constantly relive bad experiences or fantasize about the glory days. Instead, they live for the present and plan for the future.

8. They Don't Make the Same Mistakes Over and Over

Mentally strong people accept responsibility for their behavior and learn from their past mistakes. As a result, they don't keep repeating those mistakes over and over. Instead, they move on and make better decisions in the future.

9. They Don't Resent Other People's Success

Mentally strong people can appreciate and celebrate other people's success in life. They don't grow jealous or feel cheated when others surpass them. Instead, they recognize that success comes with hard work, and they are willing to work hard for their own chance at success.

10. They Don't Give Up After the First Failure

Mentally strong people don't view failure as a reason to give up. Instead, they use failure as an opportunity to grow and improve. They are willing to keep trying until they get it right.

11. They Don't Fear Alone Time

Mentally strong people can tolerate being alone and they don't fear silence. They aren't afraid to be alone with their thoughts and they can use downtime to be productive. They enjoy their own company and aren't dependent on others for companionship and entertainment all the time but instead can be [happy alone](#).

12. They Don't Feel the World Owes Them Anything

Mentally strong people don't feel entitled to things in life. They weren't born with a mentality that others would take care of them or that the world must give them something. Instead, they look for opportunities based on their own merits.

13. They Don't Expect Immediate Results

Whether they are working on improving their health or getting a new business off the ground, mentally strong people don't expect immediate results. Instead, they apply their skills and time to the best of their ability and understand that real change takes time.

The Simplest Ways To Inspire People And Change Their Life

Has anyone ever inspired you to change your life in a significant way that made you healthier, happier, or more fulfilled? If so, you understand the difference that positive inspiration can make in a person's life. Inspiration is powerful, but it isn't easy. Would you like to return the favor by making a positive difference in the life of your friends, family, or co-workers? If you want to be a positive influence capable of inspiring your loved ones to become better versions of themselves, please consider these 20 ways to inspire people around you.

1. Care.

If you can't show a person that you genuinely care about them, do you think you will be able to inspire them? The answer is a resounding, "NO!" Show people you care in your words ("How are you today?") and your actions (small acts of kindness go a long way).

2. Be enthusiastic.

The saying "enthusiasm is contagious" is common enough to be cliché, but it's a cliché because it's true. Reflect enthusiasm every day to the people you are in contact with and I'm willing to wager your genuine smiles, positive energy, and caring concern will be returned ten-fold.

3. Earn trust.

If a person you know and love tells you a secret, it stays between you and them. Trust takes a long time to build, but it can be destroyed overnight, so don't take part in workplace gossip or unnecessary drama in your social networks so you can be a positive influence that people are unafraid to talk to.

4. If it's not positive, don't say it.

It's easy to criticize people, but that doesn't mean it's the right thing to do. Think about it: how do you react if someone insults your intelligence, makes fun of your outfit, or criticizes your performance? Whether the criticism is justified or not, I bet you get upset. No one likes to be criticized, so if you don't have anything positive to say, don't say it at all.

5. Build people up.

Small compliments have a way of brightening any day, irregardless of the dark shadows that may be overhead. Don't believe me? Find someone in your office wearing a frown, tell them how cute (or handsome) they look today, and watch a bright smile take over their face. If your compliment doesn't make their day, [I'll buy you a beer.](#)

6. Stand your ground.

It's easy to let life-stress shake our foundation of inner-strength as human beings, but if you want to inspire people around you, learn to stand your ground through thick and thin. Stand firm if you want to show the people around you that even the worst of circumstances can be overcome with positive thinking, continuous improvement, and a never-say-die attitude.

7. Admit your flaws.

Although it is important to not flinch when life throws us a curve-ball, it is equally important to acknowledge the fact that we are all human beings here, and thus are all inherently flawed. Everyone has at least one glaring weakness or two, so accept your short-comings to humanize yourself so people can relate to you on a deeper level. Show me a person who claims to be without fault and I'll show you a dirty liar.

8. Be an active listener.

Anyone can hear the words other people say, but not many people can actively listen and comprehend those words to fully understand the meaning behind them. Make eye-contact if someone talks to you about their problems and ask

follow-up questions to show them you care about what they are going through and want to understand where they are coming from as well as you can.

9. Reach for the stars.

No one will be inspired by a person who resigns themselves to “reality” (such a dreadful place that sounds devoid of hope or personal growth in my opinion). Be ambitious, aim high, and never surrender if you want to inspire people that they, too, can accomplish anything they set their mind to.

10. Deliver constructive criticism.

First of all, constructive criticism should only be delivered if it is asked for. Remember point #4: if it’s not positive, don’t say it. If you criticize someone for their flaws without any input requested, you’re just going to upset them. But if you *are* asked for input, deliver it in a positive manner. For the sake of example, let’s assume someone asked you for feedback about an article, blog, essay, or resume that they wrote. You might deliver your feedback like this:

“First, thank you for asking me for input: it means a lot that you trust me! I looked it over and let me just say that I love what you did with *[insert positive compliment here]*. **But I think it might be even better if you did this instead** *[insert constructive criticism and feedback for improvement here]*.”

11. Treat everyone equally.

We are all equal human beings regardless of our gender, politics, race, religion, and other factors. Love and care for people without consideration of these irrelevant factors that have no influence on the quality of a person. Treat others how they want to be treated, no matter their background, to inspire trust and confidence.

12. Walk with confidence.

Keep your head high and eyes forward so you can say, “Hello,” or, “How are you?” to everyone you walk past. Walk with a friendly swagger that reflects confidence in who you are.

13. Stay calm and cool.

How people react to insults or criticism speaks highly about their ability to inspire others. If you respond to hate with more hate, how are you any better than the person who started the confrontation? (Hint: you’re not!) No matter how out-of-place or harsh an insult was, it’s best to stay calm and cool, because getting upset will not make you feel any better (and it certainly won’t inspire people around you). Shrug off insults like they didn’t happen and those who witness your unflinching nature might be inspired to do the same.

14. Share your influences.

What books have made a huge impact on who you are as a person? What sources of inspiration help guide the most important decisions in your life? How did you become the happy, healthy, positive person you are today? Share the influences that shaped who you are so others can also benefit.

15. Acknowledge contributions of others.

No matter how wonderful you are, you’re just one person, so I’m sure others have contributed to your greatest successes in life. If you’re a writer and receive a compliment about a particular passage that one of your friends inspired, say something like, “I so appreciate that, but you know what’s funny? It wasn’t even my idea! My super

talented and brilliant friend _____ gets full credit.” Acknowledge the contribution publicly if at all possible to show people you’re humble and thoughtful enough to give credit where it’s due.

16. Keep your promises.

If you volunteered to help with a cause and you get invited to a movie or concert, you need to keep your word, no matter how much more fun the other thing may be. It’s easy to ditch our responsibilities when a more interesting opportunity presents itself, but this is a sure-fire way to destroy the trust you’ve worked so hard to earn, so you’d be wise to keep your word no matter what.

17. Stay true to who you are.

A lot of us have a variety of “selves” that come out depending on the social situation: home, work, and friends all require a different song-and-dance. But putting on a different show for every group of people you encounter is super exhausting, and it’s certainly not a good way to inspire people around you. Would you place your confidence in a person who was so uncomfortable in their personality that they felt the need to pander to whatever crowd they were with? Embrace your true self without apology.

18. Explore alternative thoughts and ideas.

Anyone who thinks they have all the answers is kidding themselves, so make a point of challenging your beliefs on a regular basis. If you’re fiscally conservative, explore a well-thought out piece by someone on the opposite end of the political spectrum so you can see the other side of the story. If you’re a Christian, explore the thoughts of the most highly regarded Muslims to discover why they believe what they do. Have conversations with people who believe differently than you do to learn what makes them tick. It’s unlikely you’ll change your mind, and if you really believe

something with conviction, it should hold up to scrutiny. Your openness will show others that you are so firm in your convictions that you're willing to challenge your beliefs. You'll also develop trust in people who think differently than you do, who otherwise might have been afraid to approach you.

19. Never add insult to injury.

If you win an argument, there is no need to brag about it. Proclaiming, "I told you so," will make you look arrogant and discourage people from approaching you about the important things (and rightfully so!).

20. Set people free.

Don't merely give people step-by-step advice, but instead give them the freedom to figure it out by themselves. No one likes a micro-manager. If you're asked for help, deliver a rough guideline to get a person moving in the right direction, but intentionally leave something left to the imagination so they will have the freedom to fill-in-the-blanks. When a person discovers they are capable of figuring things out by their lonesome, they will discover they are more powerful than they ever thought possible.

Finding that one special person is extremely rare.

There's a strong chance that you'll never find someone like them ever again.

I couldn't bare to live my life knowing that I could have done something to save my relationship... but didn't.

So I tried everything I could to save it and discovered a little-known "secret" that can make your ex fall back in love with you.

This is not a gimmick... it's based on a combination of psychology and real world application.

This secret will work for you even if they refuse to talk to you and are seeing somebody else right now*

Watch the video until the end to discover the "secret"

(Note: the end of the video may shock you!)

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Directions:

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